

Talcott (S.H.)

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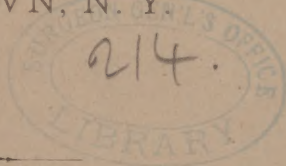
BY

SELDEN H. TALCOTT, M. D., Ph. D.,

MEDICAL SUPERINTENDENT OF

The State Homœopathic Asylum for the Insane,

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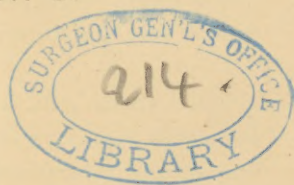
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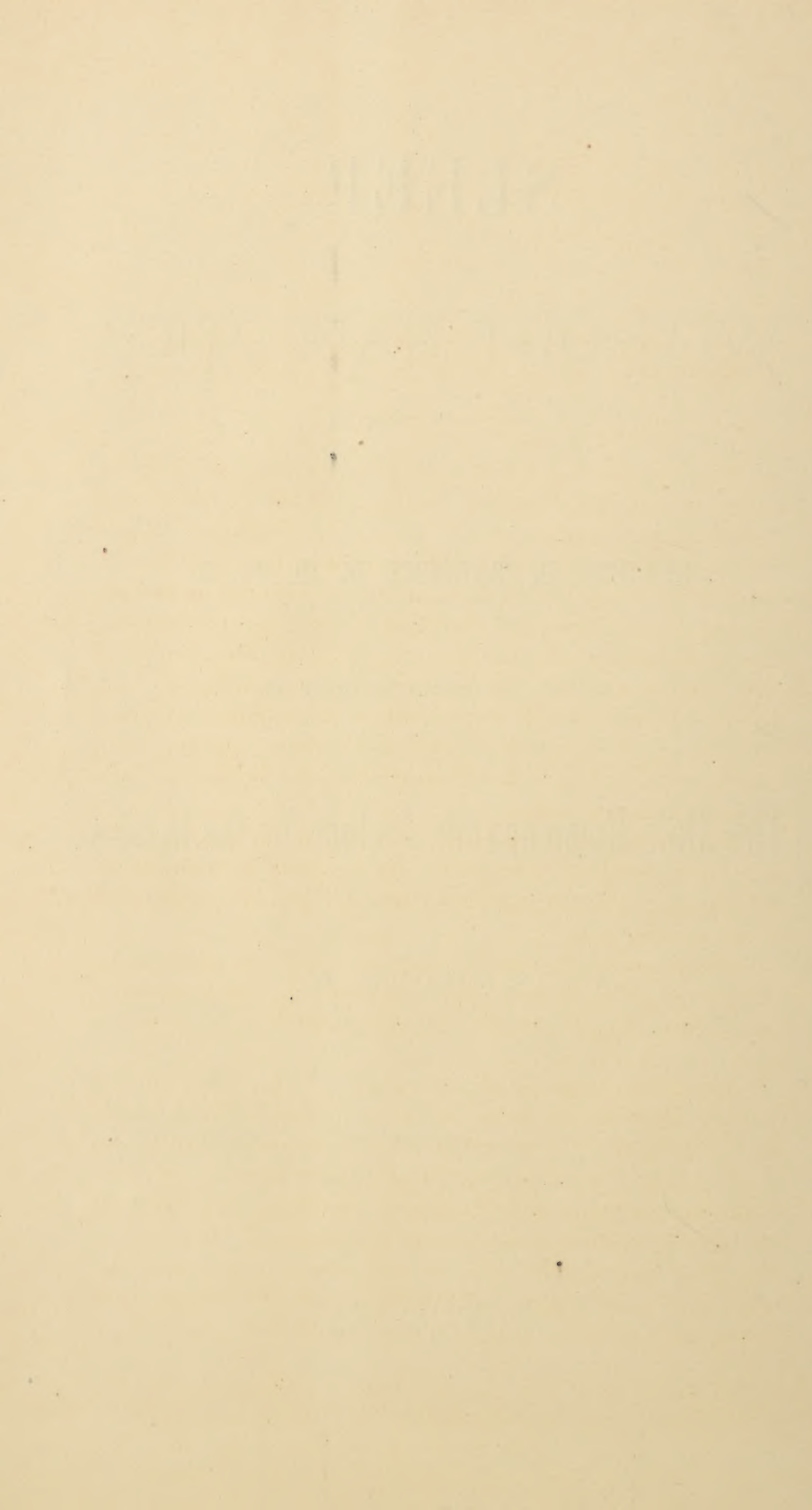
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SLEEP WITHOUT NARCOTICS.

From the mouths of babes and fools proceed, sometimes, the choicest statements of worldly wisdom, and the happiest benedictions upon the commonest of our earthly necessities. It was "one of the fools" who said: "blessings upon the man who invented sleep;" and yet, all the wise ones of earth rise up and say "*Amen*" to the sentiment. One third of our lives is passed in the arms of Morpheus; else we are unhappy. We may fail in all other wooings, and feel only the throbbings and achings of a disappointed heart. But if the goddess of sleep fails to respond, when we appeal to her for tender and soothing caresses, then, indeed, are we not only harrassed in heart, but broken in brain and made bankrupt in body.

Sleep is the prime and choice necessity of our natures. To secure it in abundance with system and regularity is the aim of the philosopher, the dream of the poet, and the easy accomplishment of the working man.

When we are in health; when we fulfil our destinies by steady engagement in useful toil; when harmful care is put aside; then we may sleep, as we breathe, without forethought or worryment.

But when disease assails the citadel of life; when idleness has bred *ennui* in our bones; or when overwork has wrenched and unstrung the fine tension of the nervous system, and to one or all of these is added the burden of anxious care for the follies of the past, or the possible dangers of the future; then the question of sleep becomes momentous and problematical. It is momentous under such circumstances, because without it we cannot long exist; it is problematical because the element of doubt, as to its accomplishment, enters largely into each individual case.

What is sleep? We are told that "it consists in a temporary suspension of the functions of the cerebral portion of the nervous system." It is needful for purposes of brain repair, and no argument is required to prove the assertion. The physiological phenomenon of sleep may be thus described: The brain, or at least that portion in which the grey matter is distributed, becomes anæmic. This anæmia, while sufficient to quiet the ordinary operations of the mind, is not far enough advanced to restrict the necessary processes of repair. Indeed, the design of nature seems to be that the brain shall be rejuvenated while its owner and occupant, the mind, is at rest. The great thoroughfares of our cities are relieved of debris, repaired, and made ready for continued use, while the busy merchants, with their servants and horses, are retired from active service and regaining strength for the labors of the morrow. In a similar manner the busy haunts of the human mind are cleansed and repaired and made ready for further use, while the haunts themselves are deserted by their subtle owner, it having been driven out by the propelling influences of gentle yet subduing sleep.

That the theory of cerebral anæmia during sleep is true, (in opposition to old time theories) has been proved by the numerous experiments of Alexander Fleming, the critical investigations of Durham, and the observations of the state of the retina in sleep, with the ophthalmoscope, by Hughlings Jackson. Fleming tried compression of the carotid arteries, and succeeded in causing sleep; Durham removed the skull cap from dogs, and noting the differences in the appearance of the brain when the animals were asleep and awake, decided that the brain is always anæmic while the victim is in the former state; and Hughlings Jackson found, with equal conclusiveness, that the expansions of the optic nerve are paler and less vascular during sleep than at any other time.

Not only is the brain less freely supplied with blood during sleep, *i e*, not only is the volume decreased, but the velocity with which it moves is likewise diminished. This may be accounted for by two reasons: *firstly*, the heart's action is slower and less powerful in its impulses during sleep; and *secondly*, it has been suggested that "the blood vessels of the choroid plexuses in the ventricles of the brain may become more turgid during sleep,

and, by a sort of erection, may act as diverticula for the blood in the cranium, whilst the cerebral vessels are proportionally emptied. The less full state of the vessels of the brain substance has been called its nutritive circulation, and the more full condition its functional circulation; the vessels of both the choroid plexuses and the brain may be understood to be governed by the state of the vaso-motor nerves."

That the choroid plexuses have duties to perform no one can doubt. In health they attend each night to the closing of the gates which lead to the temple of intellectual activity. Conscious of their great mission, they swell, like drum majors, into congested and possibly conceited proportions. But they keep back, with faithful hands, the unwarrantable intrusions of the external senses; and like willing subjects they guard against all disturbances while their cerebral king indulges in needful repose. When these guardians of the brain are enfeebled by too much toil, unrequited, and without reinforcements, (like our army and navy) then are the gates left open and the antagonist of sleep is permitted to enter. We have found, in the brains of patients who have died insane, marked disease and degeneration of the choroid plexuses.

The condition for sleep—cerebral anæmia—being conceded, the questions arise: What are the natural causes of sleep? What are the causes which prevent sleep? And how, and by what means, shall the latter be removed? These conundrums form the text of our present dissertation.

The natural causes of sleep are, first and foremost, fatigue of the body from physical exercise, and a corresponding impulse of the mind calling upon nature for repose. Active use of the brain produces, likewise, an imperative demand for rest.

The favoring causes of sleep are the darkness of night, the removal of all ordinary disturbing agencies, the horizontal position of the body, cessation from toil and thought, and release of the brain from sensorial impressions. Then the access of sleep is swift and easy. The mind is "pervaded by a strange confusion which amounts almost to a mild delirium; the ideas dissolve their connection with it one by one; and its own essence becomes so vague and diluted that it melts away in the nothingness of slumber."

Health of the body, and a quiet harmony of the mind with its surroundings, are the normal conducements to sleep. Hence we find that the young and strong; those of a full habit or lymphatic temperament, and those whose philosophical training inclines them to a peaceful disposition, are the best and most natural sleepers.

Among the proximate or assisting causes of sleep we may name monotonous sounds, such as a droning voice during the delivery of a dull sermon; slow music; the humming of bees; the falling of rain; the rattle of wagons; the steady rolling of street cars; the dash and roar of waterfalls; or the surging splash of the ocean surf as it breaks upon the shore. These attract the attention of the mind from inward cares, or outward irritation, and lull the senses to quiet forgetfulness, like the drowsy humming song of a gentle old nurse.

To the foregoing may be added the effects of cold upon the system as a sleep producer. Moderate cold is an irritant, and tends to wakefulness; but severe cold moderates the circulation, and produces at first drowsiness, and afterwards an irresistible tendency to sleep. This effect of cold, by producing overpowering sleep, is a source of greatest danger to the brave explorers of Arctic regions.

Per contra, excessive heat tends to indolent inactivity of the body, drowsiness of the mind, and a strong tendency to sleep.

Alcohol, opium, and other drugs, when used to excess, are at first overpowering and sleep-compelling in their action; but finally they come to produce the opposite effect.

In considering the causes which tend to *prevent* sleep we may note, *firstly*, those pathological conditions of the brain which tend to disturb or derange its normal action. Chief among these are cerebral hyperæmia, and the opposite, namely, excessive anæmia. While healthful sleep is due we believe to a moderate anæmia of the brain, a persistent and severe anæmia of that organ is one of the most striking causes of sleeplessness. The "happy medium" is the only condition in which to obtain certain and satisfactory sleep.

Secondly, protracted over-use of the brain—that is over-

work of that organ until the strain produces, or tends to produce, vaso-motor paralysis—disturbs or destroys all natural tendencies to sleep.

Thirdly, over anxiety of the mind—that is unwise worrying over the duties of the present; unwise haste in the acquirement of wealth or knowledge, and trouble borrowed from the past or future—is another of the prominent causes of sleeplessness. Work may engross the attention and powers of the mind and body during the day, and no harm result; but when worry tyrannizes the will, over-rides the judgment, and holds ruinous carnival in the citadel of the brain at night, then arise the most disastrous dangers. An eager desire to become rich impels us to unnatural toil while the day lasts, and drives us mad in the contemplation of the harrassing theme during the still watches of the hours of darkness. But worst of all are the fearful apprehensions in which we sometimes indulge concerning the possibilities of the future. We are kept awake many times, when we ought to be asleep, in our eager endeavors to make ready for the crossing of bridges which we may never reach.

Fourthly, the natural temperament of some people is a formidable obstacle to the securement of needed sleep. Those of a bilious temperament are inclined to melancholy; and the cheerless gloom which surrounds a person of such a temperament is a marked and chilling hindrance to repose. The nervous temperament impels its owner to rapid and continued action, until the exhaustion and anæmia are so great as to induce irritability and sleeplessness.

Fifthly, we may record the fact that localized disease in some portions of the body other than the brain, may, by reflex influences, tend to wakefulness. This is particularly true concerning diseases of the heart, which disturb the circulation; also diseases of the lungs, which produce cough; and diseases of the stomach, such as dyspepsia and gout. The former break repose by sudden demands upon the mind for attention; the latter by producing pain after each inception of food. Again, diseases of the liver or bowels may so far impede or derange the circulation as to produce sleeplessness. The kidneys, the bladder, the

genital organs (particularly those of the female), are likewise the seats of sleep-disturbing disease.

Having considered in brief the physiology of sleep; the natural causes of sleep; and the causes which prevent sleep, we turn to a consideration of the means for removing obstacles to that rest which the body and mind periodically demand, and likewise to a consideration of those remedies, aside from narcotics, which tend to aid nature in the attainment of natural and healthful sleep. To insure regular and reasonable visits from "Nature's sweet restorer" we must offer sufficient and satisfactory inducements. To this end we must establish and continue those physiological conditions which nature invariably demands. All causes which prevent sleep must be systematically removed. Here is opened up a vast field of inquiry concerning the regulation of our daily lives, which field we cannot now sufficiently explore; but we hurry on to consider the state of affairs as they ordinarily exist among the sick and insane, and among those who, by imperfect living, are tending toward the hospital and the asylum. As we have already stated, two conditions oppose the acquirement of sleep. These are hyperæmia of the brain—stimulating it to undue activity and playing the part of a whip and spur to a tired horse; and the opposite of hyperæmia—excessive cerebral anæmia. To relieve the former by rational methods, a flank movement is required. The blood forces must be enticed away from their persistent assaults upon the cranial fortress. This can best be accomplished by filling the stomach with solid food, thus furnishing temporary engagement for the pugilistic globules on other fields. The food should be of the coarsest and plainest variety, else the remedy, like others of a Homœopathic character, might produce an aggravation! You all know that the lower animals, after filling their stomachs with coarse and abundant food, lie down immediately to rest and sleep; and they succeed, even after the most severe and exhausting toil upon the race course, at the plow, or in the field. To a reasonable extent man should imitate the unartificial habits of less gifted animals.

Should excessive anæmia exist and a state of nerve irritability and trepidation be thus produced, we shall find that the

best means with which to combat such sleep-endangering forces will be the administration of liquid food, such as hot milk, beef tea, and broths, about an hour before sleep is intended. By doing this the impoverished blood is speedily nourished, and increased not only in quantity but in volume, to the required degree.

Another natural means for inducing sleep is *massage*, or muscular manipulation. This method is of peculiar value to all that class of persons who are addicted to sedentary habits; to those who take too little exercise; and to those who suffer from imperfect circulation, and from imperfect digestion and assimilation of food.

The method has been frequently described, and consists simply of kneading, compressing, and manipulating the muscles of the entire body by a strong, young, and skillful *masseur*. The best description of the process that we have seen is given by Dr. S. Wier Mitchell, in his work entitled: "Fat and Blood." He says: "An hour is chosen midway between two meals, and, the patient lying in bed, the manipulator starts at the feet, and gently but firmly pinches up the skin, rolling it lightly between his fingers, and going carefully over the whole feet; then the toes are bent and moved about in every direction, and next with the thumbs and fingers the little muscles of the foot are kneaded and pinched more largely, and the inter-osseous groups worked at with the finger tips between the bones. At last the whole tissues of the foot are seized with both hands and somewhat firmly rolled about. Next the ankles are dealt with in like fashion, all the crevices between the articulating bones being sought out and kneaded, while the joint is put in every possible position. The leg is next treated, first by surface pinching, and then by deeper grasping of the areolar tissue, and last by industrious and deeper pinching of the larger muscular masses, which for this purpose are put in a position of the utmost relaxation. The grasp of the muscles is momentary, and for the large muscles of the calf and thigh both hands act, the one contracting as the other loosens its grip. In treating the firm muscles in front of the leg, the fingers are made to roll the muscles under the cushions of the finger tips. At brief intervals the manipulator

seizes the limb in both hands and lightly runs the grasp upwards, so as to favor the flow of venous blood currents, and then returns to the kneading of the muscles. The same process is carried on in every part of the body, and especial care is given to the muscles of the loin and spine, while usually the face is not touched. The belly is first treated by pinching the skin, then by deeply grasping and rolling the muscular walls in the hands, and at last the whole belly is kneaded with the beel of the hand in a succession of rapid, deep movements, passing around in the direction of the colon.

“ It depends very much on the strength, endurance, and practice of the manipulator how much good is done by these maneuvers. At first or for a few sittings they are to be very gentle, but by degrees they may be made more rough, and if the *masseur* be a good one it is astonishing how much strength may be used without hurting the patient. The early treatment should last half an hour and should be increased by degrees to one hour, after which should follow an hour of absolute repose.

“ After the first few days I like the rubber to keep the part constantly lubricated with cocoa oil, which is agreeable in odor, and which keeps well, even in warm weather, if a little lime-water be left standing on the top of it. Vaseline is also a good lubricant, and both of these agents make the skin smooth and soft, and supple. As soon as a part has been manipulated it should be at once wrapped up. In men who are hairy it is often needful to have the limbs shaved, because the constant pull made on the hairs gives rise to very troublesome and painful boils. The early use of massage is apt in some nervous women to cause increased nervousness and even loss of sleep, but these symptoms may safely be disregarded, because they pass away in a few days, and very soon the patient begins to find the massage delightfully soothing and to complain when it is omitted. Women who have a sensitive abdominal surface or ovarian tenderness have of course to be handled with care, but in a few days a practical rubber will by degrees intrude upon the tender regions, and will end by kneading them with all desirable force. The same remarks apply to the spine when it is hurt by a touch, and it is very rare indeed to find persons whose irritable spots cannot at last be

rubbed and kneaded to their permanent profit. The daily massage is kept up through at least six weeks, and then, if everything seems to me to be going along well, I direct the rubber to spend half of the hour in exercising the limbs as a preparation for walking. This is done after the Swedish plan by making movements of flexion and extension, which the patient is taught to resist."

Not only is the process entitled "massage" of singular value in the rebuilding of worn and depleted systems, but we find in our experience that it is a remarkable promoter of sound and healthful sleep. When business men cannot afford a vacation for purposes of recuperating, and when they cannot afford time during the day to take a sufficient amount of out-door exercise, the services of a *masseur* may be called in for an hour during the evening, and the benefits of a five-mile walk be thus obtained, not the least of those benefits being a subsequent night's rest of the most grateful and refreshing character. To Americans, whose lives are generally spent, while the sun shines, in active competition with their fellows, this method of securing passive exercise and sure sleep will prove a welcome and health-promoting boon.

Among the simple means for inducing sleep, to which all may aspire, are warm baths, fresh air, comfortable beds, sufficient and proper bed clothing, and proper position in bed.

Health, comfort and sleep may be obtained, after a hard and irritating day's work, by a warm bath, a cold douche following the bath, a brisk rubbing following that, just previous to retiring for the night. The end in view is to obtain by these simple means a normal circulation of the blood and the restoration to equilibrium of all the vital forces. The cares and anxieties of the day are washed out, so to speak, oftentimes, by an appropriate and well conducted bath at night.

Fresh air should be freely supplied in every sleeping room, yet the sleeper should be protected from even moderate drafts, for these, though apparently slight at first, will produce chilliness of one portion of the body, while another portion may be overheated, and thus a disturbing inequality of circulation ensues.

Beds should be firm in texture, level and well elevated from the floor, for thus complete circulation around the bed is secured,

and the sleeper is above the influences of some of those dangerous gases which are likely to accumulate in sleeping rooms. The position of the head is of importance. In cases of hyperæmia the head should be well elevated; in the opposite condition the patient should sleep upon a very small pillow. Bed clothing should be sufficient to insure comfort, yet care should be taken against using too much. Bed clothing should be porous. Soft woollen blankets are the best. Tightly woven and stiffly starched counterpanes are objectionable because they do not favor good ventilation.

We come now to medicines for the induction of sleep. These may be divided into four classes: Firstly, those which act specifically upon the vaso motor system; Secondly, those which act upon the heart, modifying or regulating the entire circulation; Thirdly, those which act upon other organs of the body, as the lungs, stomach, liver, bowels, kidneys or uterus; and fourthly, those acting upon the cerebro spinal system. Against the use of the so called hypnotics in massive doses for purposes of producing sleep we wage a continual warfare, because we believe that the temporary benefits which are supposed to be obtained by their use are heavily discounted by the evil effects which almost always follow their administration. The world is burdened by the victims of alcoholism, opium habit, bromism, and chloralism. These victims knock at every physician's door for relief, and, disappointed, they are often driven for seclusion and rest to the wards of insane asylums. Those who work or worry over much; those who watch for many nights in succession at the bedside of the sick; those who tarry late and long at the wine cup; and those who attempt to drown their sorrows and cares in the Lethal juice of the tempting poppy, are all destined to become in time the victims of sleeplessness. To relieve the sufferings of this unfortunate class we may add to the natural physical means, already pointed out, the healing virtues of appropriate Homœopathic medicines. By the judicious use of the remedies to be named, in connection with the means already stated, sleep may be induced with satisfactory certainty, while the dangers of *narcotism* are happily avoided. Before noting indications for the remedies to be used, we desire, by way of episode, to tell you of a novel cause and

cure of and for sleeplessness. In reply to one of my questions, Dr. Morgan writes: "My attention has been drawn to a peculiar cause of insomnia, viz.: optical defects—i. e., errors of refraction and accommodation. Within 24 hours, I have received testimony of three cases, benefited by glasses duly and carefully *fitted*. One, however, had also had *Gels.*, a second various drugs, the third *nothing*. I am sure this is an important class of cases. The mother of the first is insane, and commenced with similar eye-strain. He, himself, has optic neuritis." The same gentleman writes me also to this effect: "I can always put myself to sleep by gazing, in imagination, on a vast blue sky. Sleep comes almost instantaneously." You who are sleepless should always keep a "vast blue sky" on hand, over whose high arched dome you may soar on the wings of an exalted imagination in pursuit of sleep!

From those remedies which affect the vaso-motor system we have selected the following as among the most important: Aco., Ars., Bell., Cinchona, Coffea, Moschus, Nux V., Opium, Stram, and Verat Vir. Those acting on the heart, (thus affecting the circulation) which are of particular value in relieving sleeplessness, are: Acon., Ars., Bry., Cact., Cimicifuga, Digit., Gels., Lach., Phos., Secale, Spigelia and Verat Vir. In a third group we may place Bell., Hyos., Phos., and Sang.—for their effects upon the lungs, relieving cough, and thus promoting sleep; Ars., Carbo Veg., Ignat., Lye., Nux V., Podo., for the stomach; Aloes, Aurum, China, Mercury, Rhus, and Sulph., for the liver; Apis., Canth., Cannabis Sat., and Ind., and Terebinthina for the kidneys; Bell., Caulo., Cimicif., Gels., Puls., Secale and Sepia for the uterus; and Aloes, Aurum, Bell., Cham., Coloc., Dios., Hyd., Ign., Lye., Merc., Nat. Mur., Nux V., Podo., and Sulph. for the intestines. For disturbances of the male sexual organs we may name Cimicif., Conium, Gels., and Pic. Ac. For specific action on the cerebro-spinal system we look to Acon. Annm. Carb., Arnica, Asafoetida, Bapt., Bell., Bry., Cact., Camph Cannabis Sat., Canth., Caust., Cham., Cimicif., Curare, Coffea., Gels., Glonoine, Hyos., Hyper., Ignat., Lach., Nux. Op. Puls., Rhus, Silicea, Scutellaria, Secale, Stram., Tarantula, Verat Alb. and Vir., and Zinc. Special remedies for the opium habit

and for drunkards are : Macroton, Avena Sativa, Phos., Nux Vom., and Ars.

Again, by way of interjection, a few quaint and ancient prescriptions for the production of sleep may not come amiss. Lemnius advises that you anoint your temples with virgin wax at the hour of sleep. Mizaldus tells us to rub our wearied and sleepless brows with rose water and vinegar, together with an ointment made of nutmegs grated upon rose cake, and this to be wet with a little woman's milk. Cardan suggests that we smear our teeth at bedtime with ear wax from a dog ! To these may be added oil of nenuphar, wormwood, mandrake, pillows of roses, fat of a dormouse, swine's gall, hare's ears, violet leaves, lovage waters, *lac virginale*, and many others. Their mode of application we will leave to the *tastes* of the user !

We turn now from the prescriptions of the Ancients, to the more scientific and more effective medications of modern times. Homœopathy has done much, and in no department have her triumphs been more manifest than in the department of mental and nervous diseases. The "chief characteristic" of this department is *sleeplessness*. For the mental excitements which accompany acute febrile diseases, with active cerebral congestions, intense anxiety, and apprehensions of death or disaster, preventing sleep, Aconite leads the list. Disturbances of the mind after fright, or anger, are relieved by this valuable drug. One of our patients, brought in while suffering with acute mania, after a week's sleeplessness in spite of heavy doses of chloral, and where fright, anger, and restlessness were intermingled, so to speak, was promptly relieved, and made to sleep sufficiently, with a few doses of the third centesimal dilution of Aconite.

Actea Racemosa works its effects directly upon the cerebro-spinal system, as "a rheumatic irritant producing *erethistic hyperæmia* of the brain and spinal cord, and through these the whole muscular system." (Hale.) Sleeplessness from such a condition is almost inevitable. Hence we find *Actea* an invaluable remedy for the production of sleep, in the cases of drunkards who are suffering from the effects of stimulation, and who are passing through the horrors of delirium tremens. Opium eaters, or those who are trying to stop the use of opium, and

those who are suffering from the effects of protracted muscular strain, from toil, watching, or exposure, are strikingly benefited by the use of *Actea*. Dr. Geo. B. Palmer prefers the use of *Macrotin*, the active principle of *Actea*, for drunkards and opium eaters. The symptoms upon which *Actea* is prescribed are: Intense prostration, pain in the base of the brain, extending to the nape of the neck, and sometimes spreading over the shoulder. Mentally there is a sense of crushing depression, a feeling as if the mind were wrapped in the blackness of eternal darkness. Throughout the body there is a condition of active and distressing tremulousness.

Arsenicum is preeminently a remedy for the sleeplessness of those who are suffering from blood degeneration, and from mal-nutrition accompanied by exhaustion of the nervous system. Not only is the brain anaemic, but the entire body likewise. To anticipate good results from drug action in such cases, the remedy must be applied with a view of affecting favorably the blood itself, and through it the nerve centres.

By the liberal use of milk and beef tea, and by keeping the weak and exhausted patient in a prone position both day and night, the subtle and charming effects of Arsenicum, as a restorative medicine, are made manifest in pleasant and abundant sleep at night, and a rapid regaining of health and spirits throughout the coming day. Arsenic has a restlessness and anxiety which rivals that of *Aconite*. But the former is the restlessness of anaemic irritability, while the latter is the restlessness of *erethistic hyperæmia*.

A new remedy for the relief of sleeplessness following alcoholic or narcotic stimulation, and mental excitement due to any form of overtaxing of the brain, has been put upon the stage of active usefulness. That remedy is *Avena Sativa*, the common oat. Its action upon the nervous system is not yet fully understood, but the good results following its use by some very careful and observing physicians, entitles it to further proving and clinical experimentations.

Among the remedies which control the circulation, and thus affect the nervous system, we may name *Baptisia*, *Gelsemium*, and *Veratrum Viride*.

Baptisia overcomes the quiet but persistent wakefulness of those suffering with profound melancholia, accompanied by tendencies to the typhoid state.

Gelsemium has a somewhat similar form of sleeplessness; that is, the patients are quiet, dull, and stupid, yet they fail to sleep. The distinguishing difference which exists between the Gels. and the Baptisia patient is to be found in the general condition, and in the causes affecting the nervous system of the individual case. The nervous system of the Gels. patient is exhausted by overwork or debauch; that of the Baptisia case by imperfect nourishment of the nerve tissues with the pabulum of impure blood. Gelsemium patients seem ever on the verge of profound slumber, but are unable to pass the gulf that lies between them and needful rest. Such patients are the victims of an overtaxed and exhausted brain. "I have found," says Dr. John C. Morgan, "insomnia of college professors, of business men, and of persons *recently* drinking too much, with late hours, etc., met by Gelsemium, 3d decimal, better than by any other remedy."

Veratrum Viride, unlike Baptisia and Gelsemium, has intense restlessness. In this respect it resembles Aconite; but the latter is full of fear and apprehension, while the former is quarrelsome and inclined to be cross like Belladonna.

Veratrum Viride is useful in the sleeplessness of acute fevers, of puerperal mania, and the excitement preceding or following attacks of epilepsy. A tendency to spasmodic action of the muscles will perhaps serve to differentiate Veratrum Viride from Aconite; and from Belladonna, by reason of the fact that the mental disturbances are somewhat milder in degree, while the fever is more severe.

Of all remedies in the *materia medica*, probably none acts so directly, and so positively upon the brain as Belladonna; consequently we come to rely upon it as one of the chief remedies for the relief of those cerebral diseases of a congestive or inflammatory nature which tend to prevent sleep. From the insomnia of mania to the dazed sleeplessness of melancholia with stupor, this drug exerts its powerful influence, and its persuasive charms may be exercised upon every form of cerebral disorder and

mental distress. Its symptoms are familiar to every practitioner. As a practical hypnotic without narcotism its success depends largely upon its mode of application. When the brain is over supplied with blood, and the mind is lashed into a fury by the spurring action of the arterial torrents, then the mildest and almost imperceptible doses of Belladonna will manifest a control over the excited mental forces more marvelous than the strange juggleries of the lion-tamer. On the contrary, when the brain forces seem utterly befogged and overpowered by the intensity of blood pressure; when the pupils are widely dilated, and when tetaniform convulsions seem impending, then material doses of the drug are required to dislodge and disperse the enemy.

Cactus and Digitalis are sometimes required in cases of sleeplessness; the former where the pain and constriction about the heart produce a silent sadness of mind, with a disposition to weep and mourn night and day; the latter where cardiac distress induces an anxiety similar to that of Aconite.

Coca is useful as a sleep producer in cases of mental exhaustion, where at times the patient seems utterly prostrated, and at other times remarkably bright and well, and ready and eager for any work. Coca is also beneficial where the patient after going to sleep is suddenly awakened by a sense of shock in the brain. The pathological condition which exists in such cases is, we believe, that of *anæmia spasmodica*. Weak and nervous women, and worn out brain workers, are peculiarly liable to such conditions.

Allium Cepa, the common onion, has a popular reputation as a remedy for sleeplessness. In mild cases of brain fag, accompanied by catarrhal disturbances of the nasal passages and throat, with tendencies to neuralgic pains, and where these external irritations excite the mind, it is an effective remedy. The raw onion may be eaten just before retiring, or the mother tincture, or lower potencies may be used.

Chamomilla is useful as a homœopathic hypnotic if the patient suffers from dull, unrelenting, and distracting pain, such as a nightly toothache. This remedy is particularly serviceable if the patient is cross and irritable, and feels inclined to get out of bed and walk the floor. If, instead of being cross and obstinate

when suffering severe pain, the patient is anxious, fearful, and makes a great fuss, then Aconite will relieve.

Coffea is indicated when the nervous crethism is still more acute and sensitive, than it is in either Chamomilla or Aconite. The absolute and unutterable æstheticism of sensitiveness is reached when Coffea is indicated. The bad effects of quite too good news are likewise successfully combated with Coffea.

Hyoscyamus has the sleeplessness of Belladonna, but not the intense congestions and inflammations of the latter drug. It has a high degree of mental excitement, but not the maniacal fury of Stramonium. Standing as it does, between these two extremes, it is, perhaps, more frequently required in practice than either Belladonna or Stramonium. Hyoscyamine, the active principle of Hyoscyamus, is said to produce anæmia of the brain; hence its homeopathicity to anæmia when it exists in nervous and over-worked persons. For sleeplessness in such cases, particularly where the patient is easily perturbed in mind, it is an effective remedy.

Hypericum, "the arnica of the nerves" may be used after all nerve injuries, and where sleeplessness follows these, and where, likewise, the brain has been strained by intense and continued exertions.

For the sleeplessness of grief, no remedy compares with Ignatia. The Ignatia patient broods quietly over the sorrowful experiences of the past, and rises but slowly from the "slough of despond" into which the loss of health, friends, or property has plunged him.

Aconite and Opium may be called for in cases of sudden shock from bad news, the accompanying symptoms determining the demand for either one or the other. In one case agonizing restlessness will exist; in the other, dullness and dazed depression.

Pulsatilla may be serviceable in the sleeplessness of *mild* and tearful young women, while Natrum Muriaticum is required by those who are full of *boisterous* grief, and who, though young, have the appearance of being prematurely aged.

Kali Bromidum is a drug which produces true anæmia of the brain. Its use, in massive and overpowering doses, has caused

many disastrous results; yet the same may be said of Mercury, Opium, and Antimony.

Where insomnia from anemia exists with no other marked indications, we have found grain doses of the first decimal trituration remarkably efficacious. This is particularly true when the remedy is used upon patients suffering from acute and painful diseases.

Nux Vomica is a drug whose value, as a hypnotic, is well known to the profession. It is specially applicable in cases of recent debauchery, or gluttony. Those who are sleepless from a recent "drunk," or the surfeit of a late and rich supper, will find Nux a panacea for their pains, and a happy antidote for the disgust which such practices excite in the breast of Morpheus.

Nux likewise overcomes the ill effects of hard study, and sexual excess, and enables the victim to secure, with comfort and safety, a not otherwise easily obtained morning nap.

Another valuable remedy for sleeplessness following intense mental overwork and anxiety, and coupled with a distressing confusion, pain, and vertigo in the head, is Phosphorus. Five drops of the tincture in half a glass of rain water, a teaspoonful every half hour during the evening, followed by a bowl of hot soup, or a cup of beef tea at bed time, will generally relieve the pain and restlessness of brain-fag, and secure to the patient a sound and refreshing sleep during the night. Dr. Conant tells me that he has found Phos. useful when the patient falls asleep easily and is just as easily awakened. The Phos. case sleeps and awakens many times in a single night.

Opium is, par-excellence, the world-famous narcotizing agent, by which the brain is stupefied, and unnatural and unhealthy sleep produced. Homœopathically, it may be applied to mitigate the stupor of severe cerebral congestions, particularly where there is a tendency to apoplexy or paralysis. We remember a case where Opium thus applied caused the patient to sleep lightly and naturally, who, previous to its use, was accustomed nightly to sink into a stupor from which he could not be aroused until eight or nine o'clock in the morning. Under Opium he awoke naturally, according to previous habit, at 6 A. M., without external assistance.

Secale Cornutum produces at first marked congestions, followed by anæmia and sleeplessness. There is a tendency to paralysis, and particularly formication. These sensations, in cutaneous nerves, as if ants were crawling over the skin, tend to excite and worry the patient, and stimulate a feeling of anxiety and apprehension, which prevents sleep. As a "*regulator*" of the circulation in anæmic cases, and as a promotor of sleep, *Secale* occupies a prominent position in the *materia medica*.

For the sleeplessness of utter mental and physical inanition, when food fails to nourish, when the heart loses courage, and when there is abject despair and total absence of hope, we find that *Silicea* will often work a wondrous and magical *presto* in the condition of affairs. *Silicea* is one of the most marvelous of all the medicines for mental diseases, i. e., when it is indicated, which is more often than is generally supposed. It should be administered to those who have no "sand!"

We have given hurried and imperfect indications for the use of a few remedies for sleeplessness. No specific for this distressing symptom can be named. Each case must be individualized, and both the conditions and symptoms noted with scrupulous care. When practicable, the conditions must be changed from abnormal to normal, as far as possible, by hygienic and dietetic means. Then, as an aid to perfect restoration, the appropriate Homœopathic remedy must be selected and properly administered.

We advocate a careful attention to the measures proposed by reason of the fact that, as a nation, we are imperfect and scanty sleepers. And we may note another fact, that by the use of narcotic and overpowering drugs, too freely and indiscriminately applied, the American people are drifting blindfolded upon the rock of insanity, and into the shoal waters of premature physical and mental decay.

Our modern civilization is tending toward numerous and fatal disasters. Even children imbibe with their mothers milk the reckless rush, and hurry, and fretfulness of the times. Our schools are crowded with weak and failing brains. Our shops, stores, counting-houses, and offices are filled with the victims of overwork

and competitive worry ; and our cemeteries are burdened with an increasing crop of youthful skeletons, the sad and suicidal remains of short and ill-spent lives.

National decay can be averted only by a general reformation in our method of living ; and foremost in the line of reform rises a grim and persistent demand for necessary and recuperating sleep.

Carlyle says that "the race of life has become intense ; the runners are treading on each others heels ; woe to him who stops to tie his shoe strings." Just now the race is sharp, but short. The time will come, however, when long distances, and long life to make the journey in, will be the fashion. And the race will be won, not by those who are breathless, haggard, and careless of shoe strings, (for such runners will fall by the wayside) but it will be achieved by those who toil patiently and steadily, like the tortoise, during the day, and who gather strength for future fleetness by solid and sufficient rest at night. The means for securing this practical necessity, sleep, have been pointed out. We must practice, in these earthly tabernacles, the wisest principles of mental and physical hygiene. And then, when disease does assail us, and sleep flies from the couch of pain, we must avoid the greater dangers that arise from the reckless use of over-mastering and poisonous drugs. We must remember that beyond and above the temporary and deceptive relief afforded by narcotics, we may find more satisfaction, safety, and efficacy by a resort to

" Many simples operative,
Whose power will close the eyes of anguish."


That was a wise observation of Meander, when he declared that "sleep is the natural cure of all diseases." To be so, however, it must be induced by mild, and not by savage measures.

It remains for the medical profession to guide aright the millions of earth's wanderers over life's desert plains. And it is the duty of that profession to not only relieve the sick, but to suggest and lead up to the means for preserving and continuing the good condition of those who are in health.

He who shall smite the rock, and command an outpouring of lethean waters for the comfort of the strong, inducing sweet for-

getfulness of every care, and for the consolation and recuperation of the sleepless sick, will be recognized as one of the greatest and wisest of earth's benefactors.

Who shall discover the rock, and who shall smite? None save the earnest searcher, the anointed leader in the paths of truth, and the persistent and patient "workman in the cause of humanity."



REPERTORY.

NOTE.—The design of the following repertory is to “blaze the way” to the selection of appropriate remedies for such forms of sleeplessness as are most common in the experiences of the active practitioner. The causes, conditions, and times of sleeplessness have been carefully considered. A list of “characteristic” symptoms is also presented.

In the preparation of this repertory I am indebted, for valuable aid, to my assistant, Dr. C. Spencer Kinney.

Sleeplessness of old age: Ant, Crud., Apis Mel., Arsen.,
Aurum, Conuim, Kali Carb., Lycop., Op.

————— *young children:* Acon., Ambra, Arsen., Bell.,
Cham., Coff., Ign., Nux V., Sulph.

————— *Alcoholism:* Arsen., Avena Sat., Bell., China,
Cim., Dig., Hyos., Macrotin, Stram., Ver. Vir.

————— *excessive anemia:* Arsenic, Cal. C., China.,
Coca, Hyper., Kali Brom., Lycop., Merc. V., Nat. M., Nux
M., Nux V., Rhus Tox., Sepia, Sil.

————— *congestion:* Acon., Arn., Avena Sat., Bell.,
Berb., Borax, Bry., Cim. Rac., Coca, Coff., Ferr., Gels.,
Glon., Hyos., Melilotus, Nux Mos., Nux V., Rhus., Secale
Cor., Ver. V.

CAUSES OF SLEEPLESSNESS.

Sleeplessness from apprehension : Acon., Amm. Carb., Bell., Bry., Cact., Cal. C., Hyos., Lil Tig., Merc. V., Nat. M., Nux. V.

———— *anger :* Acon., Canth., Coloc., Ign., Lycop., Nit. Ac., Nux V., Staph.

———— *fright :* Acon., Aloes, Argent. Nit., Bell., Cal. C., Caust., China, Coff., Gels., Hyper., Nux V., Lycop., Op., Phos. Ac., Puls., Stram., Sulph., Ver. Vir.

———— *grief :* Cocc., Coloc., Ign., Phos. Ac., Puls., Staph.

———— *worry :* Acon., Agar. M., Alumina, Ant. Crud., Bry., Con., Dig., Graph., Ign., Lach., Merc. V., Nux V.

———— *excessive joy :* Argent N., Ars., Cal. C., Carb. V., Cham., Coffea., Chin., Nux Mos.

Sleeplessness after dreams : Acon., Agnus Cast., Arg. N., Bell., Bry., Merc., Plan., Nux Vom.

———— *of animals :* Aloes, Arn., Bell., Hyos., Hydrastis, Puls., Sulph.

———— *of falling from height :* Acon., Aur. M., Ant., China, Dig., Hep., Merc. Cor., Nux M., Op., Sep., Sulph.

———— *ghosts :* Aes. Hip., Atrop., Bell., Canth., Caust., Cocc., Kali Carb., Op., Sil., Sepia.

MANIA, *Sleeplessness of :* Acon., Ars., Bell., Berb., Bry., Cal. C., Coca., Chin., Cim., Coff., Dig. Ferr., Gels., Glon., Hyos., Kali Brom., Lach., Lycop., Macrotin., Melilotus, Nux V., Rhus Tox., Sep., Sil., Stram., Ver. Vir.

———— *with incoherence :* Agar. Mus., Alcohol. Anac., Arg. Nit., Bell., Cann. Ind., Hyos., Kali Bich., Op., Stram.

———— *exaggerated ideas :* Cann. Ind., Cuprum, Bell., Plat., Plumb., Stram., Sulph., Ver. Alb.

———— *abandon and laughter :* Agar. Mus., Cann. Ind., Cocc., Hyos., Lach., Lycop., Nux M., Stram., Sulph., Ver. Alb.

MELANCHOLIA, *sleeplessness of* : Acon., Alumina, Ant. Crud., Argent. N., Arn., Ars., Aurum, Bry., Cactus, Dig., Hell., Hyos., Ign., Lycop., Mosch., Nat. M., Nux V., Op., Plumb., Podo., Puls., Sepia, Stram., Sulph., Tarant., Thuja, Ver. Vir.

————— *with despair of salvation* : Lycop., Puls., Sulph., Ver. Alb.

————— *from fear of poverty* : Ant., Cal. C., Clem., Fluor. Ac., Graph., Lach., Nux V.

————— *loss of friends* : Ign., Puls., Lach., Stram.

————— *with suicidal impulses* : Ars., Aur., Bell., Carb. V., Caust., Chin., Hell., Hep., Hyos., Lach., Merc., Nit. Ac., Nux V., Puls., Rhus., Sep., Spig., Stann., Ver. Alb.

PAIN, *sleeplessness from* : Acon., Am. C., Aur., Bell., Bry., Colch., Dule., Glon., Hydras., Lil. Tig., Lycop., Merc. V., Nux M., Nux V., Op., Plumb., Puls., Sil.

————— *burning* : Acon., Ars., Berb. V.

————— *sharp, piercing* : Acon., Apis, Bell., Bry., Chin., Lach., Merc., Nux V.

————— *dull, heavy* : Arnica., Ledum, Lept., Phos. Ac., Rhus Tox.

————— *stinging* : Acon., Apis.

————— *throbbing* : Bell., Kali Carb., Kali Iod., Hep. Sulph., Merc., Sil., Sulph.

TIMES, *Sleeplessness at various* : Acon., Ars., Aurum, Bell., Bry., Calc. C., Cal. Phos., Cham., Chin., Cim. Rac., Coff., Hell., Hepar, Hyos., Kali Brom., Lach., Lycop., Melilotus. Merc., Nux Mos., Nux V., Phos., Puls., Op., Rhus Tox., Sep., Sil., Sulph., Ver. Alb.

————— *before midnight* : Aur. Mur., Carb. V., Kreosote, Merc. V., Op., Phos., Puls., Rhus., Ran. Bulb.

————— *after midnight* : Acon., Ars., Aur., Caps., Coff., Ferr., Iod., Nux V., Sil.

AWAKENS at 1 a. m. : Ars., Kali C.

————— 2 a. m. : Nit. Ac., Nux V., Kali Bich.

————— 3 a. m. : Ars., Bapt., Bell., Cal. C., Kali. C.

————— 4 a. m. : Plantago, Verbascum.

Falls asleep readily but wakens frequently : Acon., Agar.
m., Ars., Aur., Bell., Cham., Coff., Hyos., Ign., Phos.,
Rhus., Ruta.

Sleeplessness from abdominal trouble : Plant.

———— ——— *aching in vertex :* Acon., Bry.

———— ——— *acute diseases during convalescence :* Coff.

———— ——— *anguish :* Bell.

———— ——— *anxiety :* Acon.

———— ——— *burning in eyes :* Eugenia Jam., Kreosote.
Rhod.

———— ——— *chronic cerebral irritation and pulsation in
neck and body :* Gels.

———— ——— *circulation, excitement of :* Acon., Bry., Meli-
lotus, Ver. Vir.

———— ——— *coition, after :* Copaiva.

———— ——— *coldness of feet :* Cal. C., Carbo Veg., Nit.
Ac., Sil.

———— ——— ——— — *hands :* Ver. V., Carbo. Veg.

———— ——— *contraction of chest :* Con., Senega.

———— ——— *conversation, lively :* Hepar. Sul.

———— ——— *coryza :* Arsenicum.

———— ——— *cough :* Sticta Pul.

———— ——— *depressing events :* Ign., Sulph., Nat. M.

———— ——— *eating too much :* Nux V., Puls.

———— ——— *ease, lack of in any position :* Lycop.

———— ——— *electric shocks :* Argent Met., Op., Ver. Vir.

———— ——— *an emission :* Piper meth.

———— ——— *excitement, nervous :* Hyos., Mosch.

———— ——— *exhaustion from uterine complaints :* Cypri.

———— ——— *fancies :* Phos., Spong.

———— ——— *fear :* Acon., Rhus Tox.

———— ——— *figures before his eyes :* Sulph. Phos. Ac.

———— ——— *formication :* Guarea, Secale Cor.

———— ——— *heat :* Bry., Puls., Merc., Nux Vom.

———— ——— *heat in loins :* Kreosote.

———— ——— *heat in palms of hands, and soles of feet :*
Lach.

heart, dilated :	Tabac.
violent pulsation of :	Benz. Ac.
homesickness :	Capsicum.
images appearing :	Arg. Nit.
itching :	Anac., Sulph., Dule.
in arms :	Aloes.
thighs :	Ran. Bulb.
legs, restlessness of :	Rhus Tox., Ver. Vir., Zinc.
loins, cutting and dragging in :	Mag. Carb.
mental exertion :	Cim., Nux. Vom.
menses, during :	Am. C., Nat. Mur., Mag. Mur.
thirst during :	Sepia.
mouth, soreness of :	Arum Triph.
narcotism, after :	Cim., Nux., Secale, Stram.
nervousness :	Coca, Colch.
noise, being awakened by a :	Ox. Ac.
pain :	Conium, Phytol., Stram., Mag., Sulph.,

Carb. An.

in back, loins, and headache :	Berb.
before midnight :	Ars.
in mouth :	Merc. Prot.
in face :	Plant.
intercostal, with anxiety :	Ran. Bulb.
phantasms :	Bell., Cham., Hyos., Op., Stram.
portal circulation being impeded :	Merc.
pregnancy :	Bell., Cham., Coff., Hyos., Nux., Op.
pulsation in pit of stomach and ears :	Cactus.
scattered about, feeling as if :	Bapt.
sensation of a ball in the throat :	Stillingia.
voluptuous :	Nux. V.
stomach, constriction of :	Cocculus.
study excessive :	Actea, Nux.
surprise, agreeable :	Coff., Scut.
thoughts crowding upon one another :	Bry.
trembling :	Lycop.
uneasiness of body :	Carbo. Veg., Sulph.
visions, seeing on shutting his eyes :	Camph.,

Spong., Thuya.

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- *wakefulness, simple*: Nat. Mur.
————— *watching at night*: Cocculus.
————— *worms in children*: Ferr.
Sleeplessness alternating with coma: Camph.
————— *every other night*: Anacardium.



